



Caregiver rejuvenation events a big hit

Caregivers enjoy free manicures and massages at Fairfield Village in Layton during one of the caregiver month rejuvenation events held in November. Davis County Health Department's Senior Services sponsored the annual events.

Photo by Megan Forbush, DCHD



Holiday gift donations sought for senior citizens

Davis County Health Department's Senior Services is holding a gift drive to help make the holidays a little brighter for senior citizens who may be isolated or not have the financial resources to celebrate this year.

The deadline to turn in gifts is Friday, Dec. 11, by 5 p.m. to the Davis County Health Department or at one of the county's three senior activity centers:

- Autumn Glow Senior Activity Center, 81 E. Center Street, Kaysville.
 - Golden Years Senior Activity Center, 726 S. 100 E., Bountiful.
 - North Davis Senior Activity Center, 42 S. State Street, Clearfield.
- Gift request will not exceed \$50. For more details or to receive your gift request, contact Amy Mikkelsen at 801-525-5075 or e-mail her at amikkelsen@daviscountyutah.gov.

Elder abuse: How you can help

National Center on Elder Abuse

Elder abuse is a growing problem. While we don't know all of the details about why abuse occurs or how to stop its spread, we do know that help is available for victims. Concerned people, like you, can spot the warning signs of a possible problem, and make a call for help if an elder is in need of assistance.

While one sign does not necessarily indicate abuse, some indicators that there could be a problem are:

- Bruises, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- Bruises around the breasts or genital area can occur from sexual abuse.
- Sudden change in alertness and unusual depression may be indicators of emotional abuse.
- Sudden changes in financial situations may be the result of exploitation.
- Bedsores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.

• Behavior such as belittling, threats, and other uses of power and control by spouses or those who should be in a position of trust are indicators of verbal or emotional abuse.

• Strained or tense relationships, frequent arguments between the caregiver and elderly person are also signs.

It's important to remain alert. The suffering is often in silence. If you notice changes in personality, behavior, or physical condition, you should start to question what is going on.

To report elder abuse, contact Utah's statewide intake line for Adult Protective Services: 1-800-371-7897. Abuse can also be reported online at <https://daas.utah.gov/adult-protective-services/aps-form/>. If the person lives in a long-term care facility, call Davis County Ombudsman at 801-525-5060. You also can call local law enforcement to report abuse.

Thank you volunteers

BY JESSICA HARDCASTLE
DCHD Volunteer Coordinator

As we come to the end of 2015, Davis County Health Department (DCHD) and RSVP want to extend a sincere thank you to our volunteers.

DCHD and RSVP volunteers completed an amazing 55,126 hours of service in the county last year by delivering smiles to homebound seniors through our Meals on Wheels program, greeting patrons and office assistant work at our senior activity centers, and providing reading encouragement to

children at local elementary schools.

Volunteers helped guide and greet visitors along with maintain trails at Antelope Island State Park and Farmington Bay Nature Center, stock food at the Bountiful Community Food Pantry, taught evidence-based community programs, did yard care, and performed needed internships.

Want to donate some of your hours to this outstanding total? Call 801-525-5094 or visit www.daviscountyutah.gov/seniors for a list of current volunteer opportunities.



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All issues of Senior Scoop are available at www.daviscountyutah.gov/senior_scoop

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				3 AG – Lifetime Fitness 9 Arts & Crafts 10 GY – Lapidary 8:30 ND – Knit & Crochet 12:30	4 AG – Arthritis Exercise 9 Pinochle 12:30 GY – **Joy Foundation Dinner ND – Bingo 12:30	
6	7 AG – Oil Painting 9 GY – Pencil Art Class 9 Bridge 1-4:45 ND – Texas Hold 'Em 12:15 Bingo 12:30	8 AG – **Art 9 Winter Fall Prevention 11:30 GY – Zumba 9:30 Tai Chi 10:30 ND – Quilters 10 Blood Pressure 10:30 Pinochle 12:30	9 AG – Chantilly Lace 11:45 Bingo 10:30 GY – Bingo 12:30 ND – Bingo 12:30	10 AG – Haslam Law 10 Food Sense 11 GY – Dancing Grannies 8:30 Bridge 1-4:45 ND – Pinochle 12:30	11 AG – **AARP Smart Driving Bingo 10:30 GY – **Kingsbury Hall Trip Pool 1-5 ND – Syracuse High Choir 11:30	12
13	14 AG – Lifetime Fitness 9 GY – Dancing Grannies 8:30 Bingo 12:30 ND – Texas Hold 'Em 12:15 Bingo 12:30	15 AG – Tai Chi 9:45 Square Dancing 1 GY – Senior Aerobics 8:30 Woodcarving 9 ND – Utah Military Academy 11:30 China Painting 9	16 AG – Arthritis Exercise 9 Blood Pressure 10:30 GY – Positive Aging 5-7 p.m. ND – Art 9	17 AG – Chi Qong 10 **Computer Tech 11:30 **Drawing 5 p.m. GY – Arthritis Exercises 12:30 ND – Blood Pressure 10:30	18 **AG, GY, & ND Dec. Birthday Party AG – Computer 101 9:30 GY – Water Color 9 ND – Bingo 12:30	19
20	21 AG – Pickle Ball 9 GY – Pictures w/Santa 11 Oil Painting 1 ND – Texas Hold 'Em 12:15 Bingo 12:30	22 AG – **Dinner & Christmas Lights 5:30 p.m. GY – Dancing Grannies 8:30 ND – Lapidary 8:30 Shopping 12:30	23 AG – Christmas Party 11 GY – Dancing Grannies 8:30 Water Color 2-4 ND – Christmas Party 11:30	24 & 25 Centers Closed Christmas Holiday		26
27	28 AG – Bingo 10:30 GY – Stained Glass 9 Line Dancing 10 ND – Texas Hold 'Em 12:15 Bingo 12:30	29 AG – Lapidary 8:30 **Computer Tech 11:30 GY – Lapidary 8:30 Pinochle 1-4:45 ND – Line Dancing 1	30 AG – Water Color 9:30 Ceramics 12:30 GY – Single's Social 11:15 Bridge 1-4:45 ND – Texas Hold 'Em 12:15	31 AG – New Year's Party 11:30 GY – Senior Aerobics 8:30 Shopping 12:30 ND – Piano Performance 11:15 Pinochle 12:30	Jan. 1 Centers Closed New Year Holiday	2

**** Call Senior Activity Center to Make Reservation**
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
(801) 544-1235
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 295-3479
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015

Riley Court Apartments

FEATURES:

- Elevator
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- Social Events

AVAILABLE:

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